

**Peaster ISD School Nutrition Services  
Dietary Special Request Form**

(817) 341-5000 x2038  
(817) 341-5003 FAX  
pmelton@peaster.net

**Shaded Portion Only To Be Completed By Parent or Guardian (Para ser completado por el padre o tutor)**

Student Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ School: \_\_\_\_\_  
(Nombre del estudiante) (Fecha de nacimiento) (Escuela)

I understand that it is my responsibility to renew this form anytime my child's medical or health needs change. As parent or guardian, I give permission for Peaster ISD to contact the Physician's office regarding my child's dietary needs.  
(Entiendo que es mi responsabilidad de renovar este formulario en cualquier momento médica o de salud que cambian las necesidades de mi hijo. Como padre o tutor, le doy permiso para que el Distrito de Peaster en contacto con la oficina del médico con respecto a las necesidades dietéticas de mi hijo.)

- My child will NOT be eating school prepared meals  
Mi hijo no se come escolares comidas preparadas
- My child WILL be eating school prepared meals  
Mi hijo comerá escolares comidas preparadas

Parent/Guardian's Printed Name      Parent/Guardian's Signature      Telephone Number  
Padre / Guardián Nombre Impreso      Firma del padre / tutor      Número de teléfono

**The U.S. Department of Agriculture School Meals Program requires that ALL QUESTIONS BE ANSWERED (FRONT & BACK of form) in order for ANY diet modification or substitutions to be made in school meals.  
THIS SECTION MUST BE COMPLETED BY PHYSICIAN'S OFFICE- NOT FILLED OUT BY PARENT OR GUARDIAN  
MUST BE SIGNED BY PHYSICIAN**

**IS THIS A LIFE THREATENING FOOD ALLERGY:       YES       NO**

**Check all foods that must be omitted:**

- Milk     Dairy     Peanut /Tree Nut     Fish/Seafood     Soy     Egg     Wheat     Other: \_\_\_\_\_

**Can the student consume foods where the allergen is an ingredient in the food?       YES       NO**  
(Ex: Scrambled eggs are omitted, but eggs as an ingredient in food are allowed?)

Explain (if needed): \_\_\_\_\_

**Food Substitutions – Complete Peaster ISD Standard Food Substitution Sections on the back of this form**  
(Note: Peaster ISD is not able to make substitutions, unless the Standard Food Substitution Form is completed.)

**Diagnosis and/or Disability** - please list student's diagnosis or disability and how the disability restricts diet.  
\_\_\_\_\_

**Major Life activities affected by the life threatening food allergy or disability (check all that apply):**  
(NOTE: Peaster ISD cannot honor this document unless at least one life activity is marked.)

- Breathing     Eating     Caring for one's self     Performing manual tasks     Walking  
 Hearing     Speaking     Learning     Seeing     Other: \_\_\_\_\_

**Please provide additional comments or information as related to diet and / or feeding techniques:**  
\_\_\_\_\_  
\_\_\_\_\_

Physician's Printed Name      Physician's Signature      Date

Clinic/Facility Name      Telephone

# Peaster ISD School Nutrition Services Standard Food Substitution Form

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To Be Completed By Physician's Office

Student Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ School: \_\_\_\_\_

Physicians, please check the box next to the appropriate category heading. By signing below, the standard food substitutions are accepted unless the "No Substitution Needed" box is checked.

**No Substitution Needed**

**Peanut/Tree Nuts**

**Common School Food Item:**

Peanut Butter & Jelly Sandwiches  
Granola Bars  
Packaged Snacks, graham crackers, ice cream and cookies may be processed in a facility that contains peanuts or tree nuts

**School Substitution Could Include:**

Fresh Fruit  
Juice Bar  
Deli or cheese Sandwich

**Milk Allergy/Intolerance**

**Common School Food Item:**

Milk

**School Substitution Could Include:**

100% Fruit Juice or Water

**Dairy or Casein**

**Common School Food Item:**

Pizza Products  
Mashed potatoes  
Most Mexican entrees  
Most school prepared breads

**School Substitution Could Include:**

Deli Sandwich without cheese  
Hamburger on Bun

**Fish/Shellfish**

**Common School Food Item:**

Fish nuggets/sticks or Fish Sandwich  
Popcorn Shrimp  
Tuna Salad

**School Substitution Could Include:**

Hamburger on Bun  
Cheese Sandwich

**Wheat/Gluten**

**Common School Food Item:**

Casserole items  
All bread/buns & pizza crust  
Breakfast Cereal  
Gravies/Sauces

**School Substitution Could Include:**

Rice or Rice Pasta  
Corn tortilla/taco shell  
Oat or Rice Cereal  
Sandwich on Gluten free bread

**Soy**

**Common School Food Item:**

Purchased entrees (pizza, hamburger, chicken nuggets)  
Salad dressings/sauces  
Most packaged snacks

**School Substitution Could Include:**

Baked Chicken  
Yogurt, String Cheese  
Deli meat and sliced cheese

**Eggs**

**Common School Food Item:**

Eggs/Breakfast taco or sandwich  
Mayo/Salad Dressing  
Waffles, pancakes, French toast sticks  
Breaded meat products

**School Substitution Could Include:**

Hamburger/Hot dog on Bun  
Mayo/Salad Dressing  
Cereal and toast  
Baked Chicken

Other Food Items to be omitted: \_\_\_\_\_

\_\_\_\_\_  
Physician's Printed Name

\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Clinic/Facility Name

\_\_\_\_\_  
Telephone

Peaster ISD is not responsible for and cannot guarantee the accuracy or any child's diet. Products stocked by Peaster ISD can change due to supplier changes or substitutions or manufacturer's formulation changes. Cafeteria managers and staff are not trained in dietary modifications. Parents are welcome to look at any ingredient label or recipe.

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